

# Park Center

## LEISURE POOL SCHEDULE

### ADULT TIME

#### Monday - Friday

5:00am-11:00am	Adult Time*
<b>Saturday</b>	
7:00am-9:00am	Adult Time*

### OPEN PLUNGE

#### Monday & Wednesday

11:00am-5:50pm	Open Plunge±
7:00pm-9:45pm	Open Plunge±

#### Tuesday & Thursday

11:00am-3:50pm	Open Plunge±
7:00pm-9:45pm	Open Plunge±

#### Friday

11:00am-9:45pm	Open Plunge±
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#### Saturday

12:00pm-6:45pm	Open Plunge±
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#### Sunday

9:00am-1:45pm	Open Plunge±
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### PROGRAMMING

#### Aqua Fit Classes

8:30am-9:30am	Aqua Fit T/TH***
9:00am-10:00am	Easy Does It MWF***
6:00pm-7:00pm	Aqua Fit MW***

#### Swim Lessons

4:00pm-7:00pm	Swim Lessons T/TH
9:00am-12:00pm	Swim Lessons SAT

### POOL CHECKS

Leisure Pool checks every hour during open plunge  
Pool will be cleared for 10 minutes  
Please take children to the restroom, and change  
diapers during this time .  
Lifeguards will check pool chemistry & water quality

Effective: August 31, 2009

## COMPETITION POOL SCHEDULE

### LAP SWIM

#### Monday - Friday

5:00am-6:00am	Lap Swimming M-F (8 Lanes)
6:00am-8:45am	Lap Swimming M-F (2 Lanes)
8:45am-11:30am	Lap Swimming M-F (3 Lanes)
11:30am-3:00pm	Lap Swimming M-F (5 Lanes)

3:00pm-4:00pm	Lap Swimming M-F (2 Lanes)
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6:00pm-7:00pm	Lap Swimming F (5 Lanes)
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7:00pm-8:00pm	Lap Swimming M-F (2 Lanes)
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9:00pm-9:45pm	Lap Swimming M-F (2-5 Lanes)
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#### Saturday

7:00am-6:45pm	Lap Swimming (5 lanes)
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#### Sunday

9:00am-1:45pm	Lap Swimming (5 lanes)
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### NO LAP LANES

6:30am-8:30am	MHS A-days
3:00pm-5:30pm	MONDAY-FRIDAY

### LAP SWIMMING ETIQUETTE

Note that our pools are for multiple uses. Activities, including Aquafit, swim teams, groups, rentals and lessons may restrict lane availability. When limited lap lanes are available lanes must be shared with other lap swimmers. If two or more swimmers are in a lane, circle swimming must be performed.

### POOL INFORMATION

\* Adults Only (18+years) in Leisure Pool  
\*\* Limited lap lanes available during these times  
\*\*\*Bubble Couch will be off during Aqua Fit Classes  
±Toys and Slide on during open plunge hours

Pool schedule subject to change without notice.

# Fall 2009

### MURRAY HIGH SCHOOL

#### Monday - Friday

6:30am-8:30am	MHS Swim Team A-days (8 lanes)
6:00am-7:00am	MHS Swim Team B-days (8 lanes)
3:00pm-4:00pm	MHS Swim Team M-F (8 lanes)

See posting or refer to MHS website for A/B day schedule.

### PROGRAMMING

#### Monday - Friday

4:00pm-5:30pm	MAC M-F (8 lanes)**
5:30pm-6:30pm	Pre-Comp MWF (4 lanes)**
4:00pm-7:00pm	Swim Lessons T/TH (1 lane)
8:45am-9:45am	Deep Water Class MWF (3 lanes)
6:00pm-7:00pm	Deep Water Class T/TH (3 lanes)**
6:00pm-7:00pm	Master's Swim MW (4-5 lanes)**
7:00pm-9:00pm	Scout Merit Badge W (2 lanes)**
7:30pm-9:30pm	Master's Water Polo W (6 lanes)
7:00pm-8:30pm	Youth Water Polo T/TH (6 lanes)

#### Saturday

9:00am-12:00pm	Swim Lessons (1-2 lanes)
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### POOL RULES

Proper authorized swim attire required.  
Street clothing is not permitted.

Children under 3 and any children not toilet trained must wear swim diaper and waterproof pants.

All swimmers must take a cleansing shower before entering any swimming water.

Children under 6 must be accompanied in the water by an adult at ALL times.

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